F60 Treadmill

FREEFORM

Operating Instructions Manual

Special tips:

- Please read this operation manual carefully before installation and operation.
- Save this manual for future reference.
- Product may vary slightly from the item pictured due to model upgrades.

IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger–To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

1) Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.
2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
3) Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.
4) Place your unit on a solid, level surface when in use.
5) Never allow children on or near the treadmill.
6) When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
7) Keep hands away from all moving parts.
8) Never operate the treadmill if it has a damaged cord or plug.
9) Keep the cord away from heated surfaces.
10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
11) Never drop or insert any object into any openings.
12) The treadmill is intended for in-home use only and not suitable for long time running.
13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
14) The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
15) Use handrails provided; they are for your safety.
16) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
17) Allowed temperature: 5 to 40 degrees.
18)

Remove the safety key after use to prevent unauthorized treadmill operation.

WARNING:

Once finding any breakdown or damage occurred, stop the treadmill and consult with local agent to find out the solution. In order to secure the personal safety, don't make any maintenance without a qualified engineer.

IMPORTANT ELECTRICAL INFORMATION

WARNING!

1) NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

2) NEVER operate treadmill on Generator or UPS power supply.

3) NEVER remove any cover without first disconnecting AC power.

4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

IMPORTANT OPERATION INSTRUCTIONS

1) Insert the power plug into the socket directly.

2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.

3) Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.

4) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the Centre of the belt; which may result in serious injury.

5) In order to prevent losing balance and suffering unexpected injury, **NEVER** mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.

6) Always hold on to handrail while making control changes.

7) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.

8) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

9) This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.

10) Please consult your doctor at first before running, if you have one of the following diseases:

a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
b. If you are over 35 years old and heavier than common weight.
c. Women in pregnant or in breasting period.

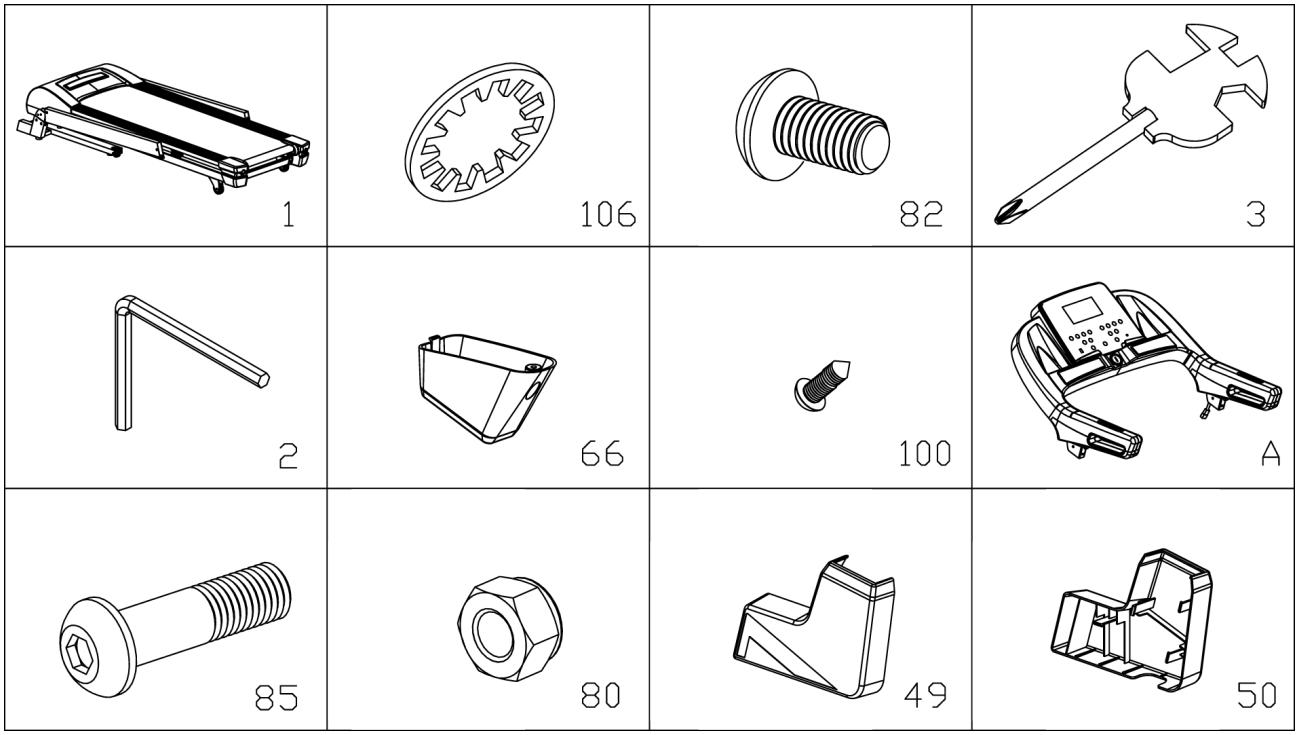
11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.

12) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

ASSEMBLY INSTRUCTIONS

When you open the carton, you will find the below spare parts:



Parts List:

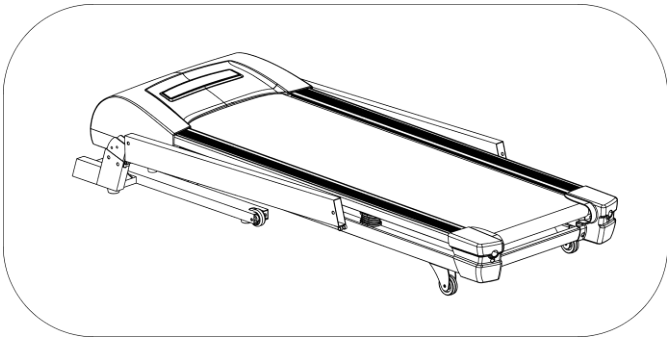
NO.	DES.	Specification	Nos.		NO.	DES.	Specification	Nos.
1	Main Frame		1		100	Screw	ST4.2*12	2
106	Flat washer	8	8		A	Console		1
82	Bolt	M8*15	8		85	Bolt	M8*32	2
3	Wrench w/screw driver	S=13、14、15	1		80	Nut	M8	2
2	5# Allen Wrench	5mm	1		49	Left upright tube cover		1
66	Handrail bottom cover		2		50	Right upright tube cover		1

Assembly tools:

5#Allen wrench 5mm 1pcs、
Wrench with screw driver S=13、14、15 1pcs

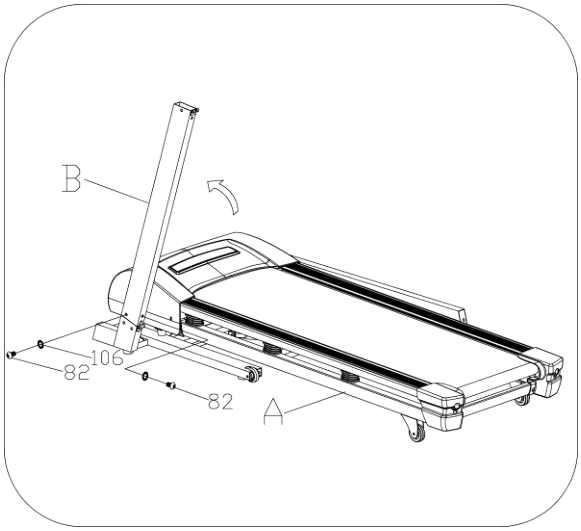
Notice: Do not connect power before assembly completion

Step 1:



Open the carton, take out the above spare parts, and put the Main Frame on the level ground.

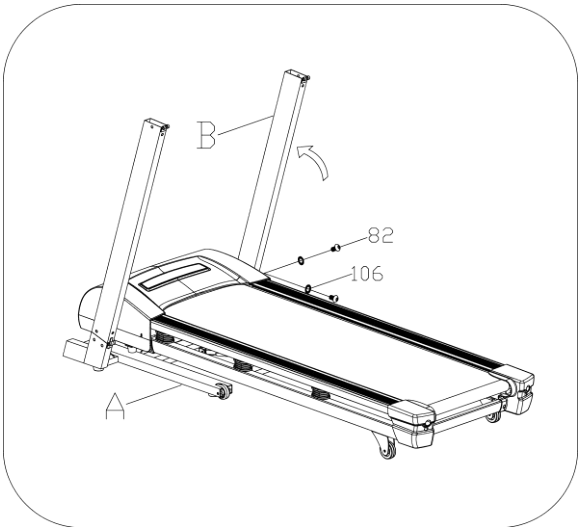
Step 2:



Lift up the left Upright tube B with the arrow direction.
Fix the upright tube B to the main frame A with Bolt M8*15(82) and flat washer （ 106 ） by using 5# Allen wrench(2).

Notice: Support the Upright Tube with hand to avoid falling down.

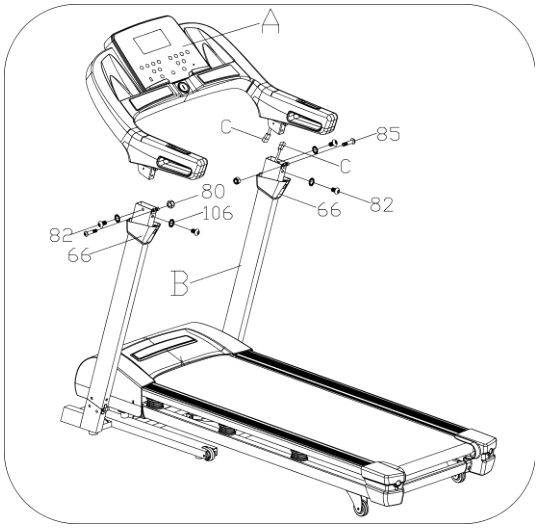
Step 3:



Lift up the right upright tube B with the arrow direction.
Fix the upright tube B to the main frame A with Bolt M8*15(82) and flat washer （ 106 ） by using 5# Allen wrench(2).

Notice: Support the Upright Tube with hand to avoid falling down.

Step 4:



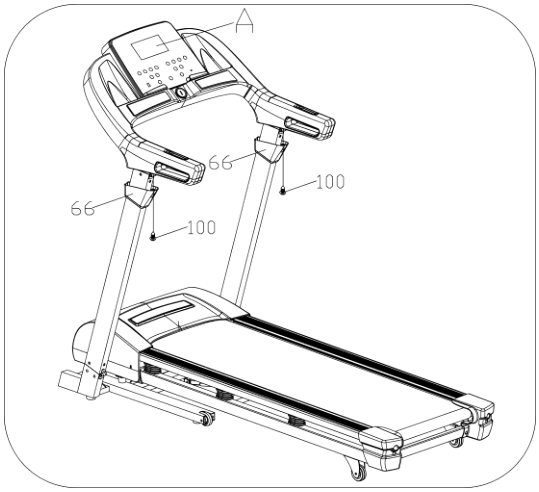
Assemble the handrail bottom cover to the left and right upright tube B.

Fix console A to the left and right upright tube B with bolt M8*32(85) and nut M8 (80) by using 5# Allen wrench (2).

Fix console A to the left and right upright tube B with Bolt M8*15(82) and flat washer (106) by using 5# Allen wrench (2).

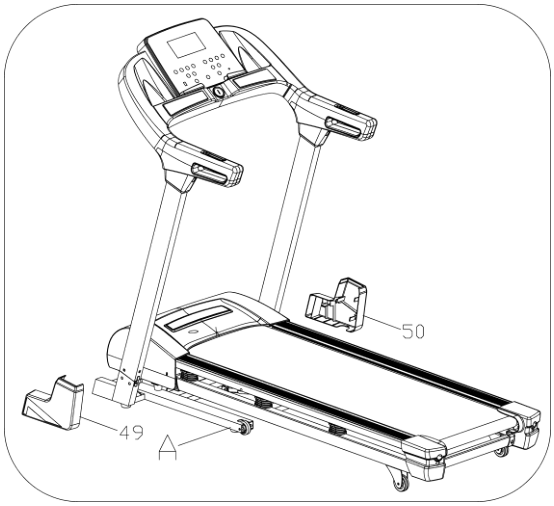
Notice: Make sure the console upper wire C was connected to the console middle wire C before assemble.

Step 5：



Fix the handrail bottom cover (66) to the console with bolt ST4.2*12(100) by using Wrench w/ screw driver (3).
Notice: Make sure the buckle of the handrail bottom cover is inserted into the handrail side cover before assemble.

Step 6:



Fix the left upright tube and right upright tube (49, 50) to the base frame A.
Notice: Make sure the buckle is fixed to the base frame tube.

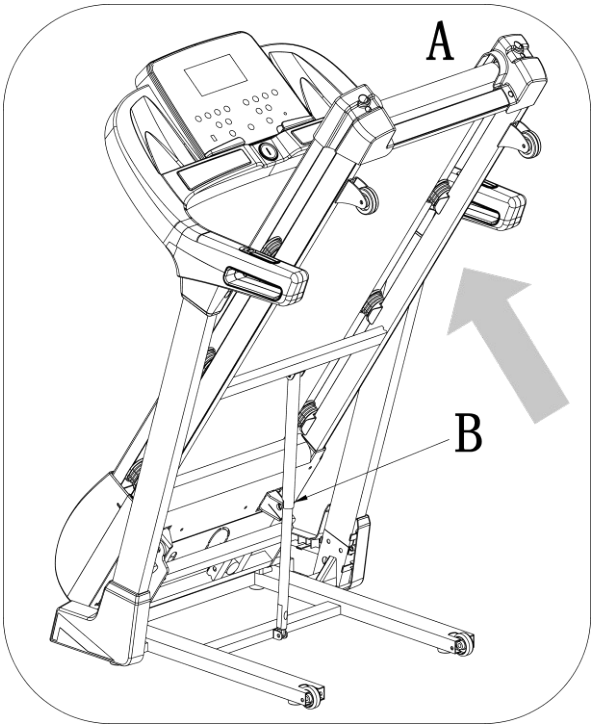
Step 7:

Insert the safety key to the safety key slot.

ATTENTION： Please confirm complete assembly as above and secure all of the bolts. Do the following operation after checking everything is OK. Please read instructions carefully before using your treadmill.

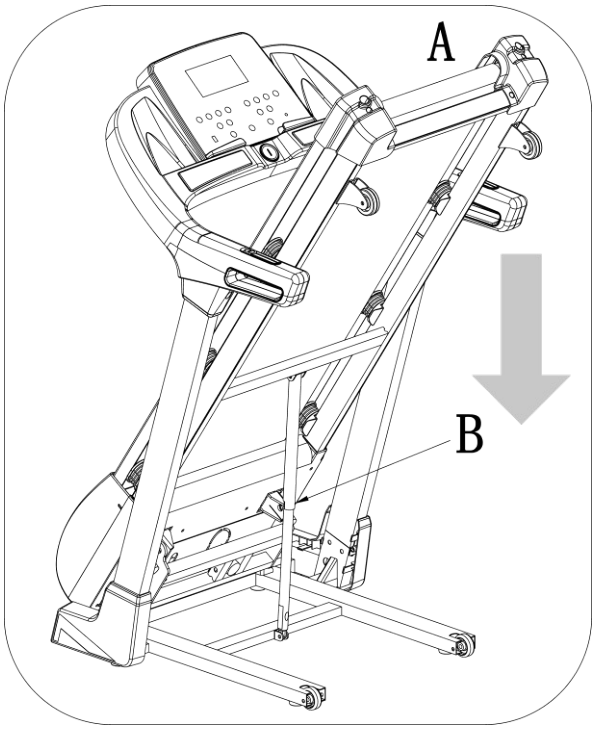
FOLDING INSTRUCTIONS

Pulling Up:



Put your hand on A position, then lift up the base frame till hearing the sound that the air pressure bar B is locked into the tube.

Pulling Down:



Support place A with one hand, then kick the air pressure bar at the position B, press the base frame, then it will fall down automatically (Please keep anybody and any pet away the machine when it is falling down)

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a suitable voltage and has a grounding plug that looks like the plug illustrated in sketch. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

OPERATION GUIDE

WINDOW DISPLAY:

1. “Speed “window: Display the speed, the speed range is 0.8-18km/h.

2.”Incline/ pulse” window: Under default state, this window will show inline from level 0 to level 18. When the runner holds handle pulse with two hands, the system can calculate the runner’s heart beat and window will display the runner heart beat, the range is 50-200 beats/min (this data is just for reference, can not be as the medical data).

3.” time” window: Display running time. Display the exercise time positive direction clock from 0 : 00-99 : 59 ,when count to 99:59, the machine will stop smoothly and show ‘ End ‘, then enter into initial situation after 5 seconds; When count down, it will show from the setting time to 0:00, when down to 0:00 , the machine will stop smoothly and show ‘ End ’, and will enter into the initial situation.

4.” distance/program” window: Under the initial situation , press the “program” button, the window will display “P1，P2，……，P15，U1-U2-U3-FAT” Circulatory; During operation, display the running distance positive direction clock from 0.00-99.9, when up to 99.9, it will count again from 0; When count down, it will show from setting data to 0; When down to 0, the machine will stop smoothly and show ‘ End ’, enter into the initial situation after 5 seconds.

5.” Calories/Counter” window: Display runner’s calories worked out and steps that the user has walked by switch .When display steps, it will count form 0 to 999, when up to 999, it will count again form 0. When display calories, it will count from 0 to 999, when up to 999, it will count again from 0; when count down, it will count from the setting data to 0, when down to 0, the machine will stop smoothly and show ‘ End ’, and enter into the situation waiting for operation after 5 seconds.

BUTTON FUNCTION:

1. “ Program ” button: Under initial situation, press this button to choose the program from “0.00”、“ P1-P2-P3-P4-P5.....P15-U1-U2-U3-FAT” 15 programs; “0.00” is the system default running mode, “P1-P15” are pre-set programs,U1-U3 is self-define program, FAT is the body fat test function.

2. “ MODE ” button: Press this button to choose “ “0：00”、“15：00”、“1.0”、“50” circularly(0.00 is the manual running mode, “15:00” is time counting down mode, “ 1.0 ” is distance counting down

mode, “ 50 ” is calories counting down mode).). When setting each mode, you can press speed +/- and incline +/- to set the data, press “ START” to start the machine

3. “START” button: When getting through the power and safety key attached, press this button at any time to start the machine.

4. “STOP ” button: When the machine is running, press this button to stop any time and all the data will be initial data.

5. Handlebar “SPEED +”, “SPEED –” button: Under initial situation, set the data with this button. When the machine is running, press the button to adjust the speed, 0.1 KM at each press, when press the button over 0.5 seconds, the speed will be up or down continually.

6.Handlebar “INCLINE+”、“INCLINE-” Button: Under initial situation, set the data with this button. When the machine is running, press the button to adjust the incline, 1 level at each press, when press the button over 0.5 seconds, the incline will be up or down continually.

7.”SPEED: “3, 6, 9, 12” are shortcut buttons to set speed quickly.

8.”INCLINE: “3, 6, 9, 12” are shortcut buttons to set incline quickly.

START-UP QUICKLY (MANUAL)

1. Open the power switch, attach the magnet end of the safety pulling rope to the computer.
2. Press STATR/STOP button，the system will enter into 3 seconds count down, the buzzer will make sound and the time window display count down, the speed will run 0.8km/hour after 3 seconds.
3. After start-up, you can use “SPEED+”、 “SPEED -” or speed quick buttons to adjust the speed up or down.

THE OPERATION OF EXERCISE PROCESS:

1. Press speed-down will reduce the running speed.
2. Press speed-up will increase the running speed.
3. Press incline down will reduce the incline section.
4. Press incline up will increase the incline section.
5. Press speed shortcut button will adjust speed correspondingly.
6. Press incline shortcut button will adjust incline correspondingly.
7. Press STOP will reduce until it stopped.
8. When the user hold the hand pulse by both hand, the computer will show the user’s pulse data after 5 seconds.

MANUAL MODE:

1.Under standby mode, press START button directly, the treadmill will work from the speed 0.8km/h, incline 0. The other windows will start to count from positive direction from windows default, press “SPEED+”, “SPEED-” change the speed, press “INCLINE+”、“INCLINE -”to change the incline;

2. Under standby mode, press “MODE” button to enter time count down, the TIME window will display“15：00” and glittering. Press “SPEED+”, “SPEED-” , “INCLINE+”、 “INCLINE –“ to set up the time what you need. The setting range is 5:00-99:00.

3.Under Time setting mode, press “ MODE “ button to enter into distance count down, the DISTANCE window will display “1.0” and glittering. Press “SPEED+”, “SPEED-”, “INCLINE+”、 “INCLINE –“ to set up the distance what you need. The setting range is 0.5—99.9.

4. Under Distance setting mode, press “MODE” button to enter into calories count down, the CAL window will display “50’ and glittering. Press “SPEED+”, “SPEED-” , “INCLINE+”、 “INCLINE –“ to set up the calories what you need. The setting range is 10-999.

5. When setting is finished, press “START” button to start up, the treadmill will run after 3 seconds, press “SPEED+”, “SPEED-”, “INCLINE+”、 “INCLINE –“ to adjust the speed and the incline; press the STOP, the treadmill will stop.
6.Under CAL setting mode, press “MODE” button to enter into walking mode “COUNTER”, the speed window show “3km/h”, time window show “15:00” and is glittering. Press “SPEED+”, “SPEED-” , “INCLINE+”、 “INCLINE –“ to set the running time, setting range is from 5:00 to 99:00.

INNER INSTALL PROGRAM

Press “PROGRAM” button SPEED window will display P1-P15 to choose the program you like. Setting of running time, then the TIME window display glittering. Display the advance setting time10:00, press “SPEED+”, “SPEED-”, “INCLINE+”、 “INCLINE –“ to set up the exercise time what you need. Press “START” button to start the inner install program, the inner install program is divided into 10 sect. Each exercise time=the setting time/10. When the system enter into the next sect will make 3 sound “Bi—“ and the speed will be changed according to the setting program, then press “SPEED+”, “SPEED-”, “INCLINE+”、 “INCLINE –“ to change the SPEED and INCLINE, When the program enter next section will come back to the current speed and incline, when the machine finish the whole program that user has set, the system will make sound “Bi—Bi—Bi“ and stop steadily, then show “END” in window display. The machine will enter standby mode after 5 seconds.

PROGRAM EXERCISE CHART

Each program will divide into 10 grades for the exercise time and each time section has the speed and incline accordingly.

PROGRAM EXERCISE CHART

		TIME INTERVAL=SETTING TIME/10									
		1	2	3	4	5	6	7	8	9	10
P1	SPEED	3	3	5	5	7	7	5	5	3	3
	INCLINE	1	1	2	2	2	3	3	2	1	1
P2	SPEED	10	3	5	7	3	7	5	7	5	3
	INCLINE	1	2	2	2	2	3	3	2	3	3
P3	SPEED	3	3	5	7	7	9	7	5	5	1
	INCLINE	2	3	3	2	2	3	3	3	4	4
P4	SPEED	3	5	3	7	1	5	7	5	3	1
	INCLINE	2	3	3	2	2	3	3	3	4	0
P5	SPEED	5	5	5	7	9	11	9	7	7	5
	INCLINE	3	3	3	4	4	5	5	5	5	2
P6	SPEED	3	5	9	11	7	12	9	11	5	3
	INCLINE	3	5	5	5	4	4	4	3	4	2
P7	SPEED	3	7	9	11	9	9	9	7	5	5
	INCLINE	4	4	4	4	3	3	6	6	8	3
P8	SPEED	5	5	9	9	11	5	11	11	5	3
	INCLINE	4	5	5	5	6	6	6	7	10	3
P9	SPEED	2	5	5	8	8	4	6	3	3	2
	INCLINE	5	5	5	6	6	6	4	4	8	2
P10	SPEED	2	3	4	6	7	5	5	6	7	3

	INCLINE	5	6	6	6	7	5	8	8	5	3
P11	SPEED	3	4	5	9	5	9	5	5	6	3
	INCLINE	3	6	5	3	5	3	5	5	4	2
P12	SPEED	1	2	3	10	7	7	10	5	4	3
	INCLINE	2	5	5	3	5	5	3	3	6	2
P13	SPEED	1	1	3	5	5	5	9	3	1	1
	INCLINE	5	5	8	8	8	3	3	7	8	0
P14	SPEED	3	4	7	3	4	6	3	4	5	3
	INCLINE	2	4	4	4	4	2	3	3	1	0
P15	SPEED	2	3	5	5	7	7	7	6	4	3
	INCLINE	3	3	5	5	5	5	2	2	1	0

SELF-DEFINE PROGRAM

Besides 15 inner installed programs, there are 3 user self-define programs: U1, U2, and U3.

1. User self-define program setting:

In the initial situation, press " program" continuously till U1,U2,U3, and the " time " window glitter, show the time 10:00, press " incline+", " incline-", "speed+", "speed-" to set the running time; press "mode" to set program data, set the first interval time, press "speed+", "speed-" or press speed shortcut button to set the speed; press "incline+", "incline-" or incline shortcut button to set the incline; then press "mode" button to finish the first interval time and enter into the second interval time, until finish 10 interval time. The data will be kept till the next setting; the data will not lose for power off.

2. User self-defines program starting:

When the machine is waiting for operation, press the "program" button continuously till U1, U2, and U3, set the running time then press "start" to start the machine.

3. User self-define program instruction:

Each program will be divided into 10 time section, set the speed and incline in each interval time, then press "start" to run the machine.

RANGE OF SPECIFICATION:

	Initial	Initial Data	Set Range	Display Range
TIME(MIN:SECOND)	0:00	10:00	5:00-99:00	0:00－99:59
SPEED(K/h)	0.00	0.8	0.8-18	0.8-18
INCLINE(LEVEL)	0	0	0-18	0-18
DISTANCE(KM)	0.00	1.00	0.50-99.9	0.00－99.9
PULSE(HYPO/MIN)	P	N/A	N/A	50-200
CALORIE(THERM)	0	50	10-999	0－999

BODY TESTER:

At the beginning state, press " PROGRAM" Continuously entering FAT body fat tester, press " MODE " enter F-1、F-2、F-3、F-4、F-5 (F-1 SEX, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT, F-5 FAT TESTER), Press "SPEED+"、"SPEED -" to set F-1 – F4 (refer to the following chart), after that, press " MODE" to set F-5, grasp the hand pulse, the window will display your body quality index after 3 seconds. The body quality index is to test the relation between height and weight. The body FAT suits for any male and female, to adjust the weight according it together with other body quality index. The idea FAT should be 20-25, if under 19, it means too thin. If between 25 and 29, it means overweight, if over 30, it

means obesity. (The data is just for reference, can not be as medicinal data)

F-1	Sex	01 male	02 female
F-2	Age	10------99	
F-3	Height	100----200	
F-4	Weight	20-----150	
F-5	FAT	⩽19	Under weight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	⩾30	Obesity

SAFETY LOCK FUNCTION:

Pull out the safety pulling rope, and then the treadmill will stop immediately. All the windows display"———" ， the buzzer will make 3 sound "B—B—",now the treadmill must stop. Attach the magnet end of the safety pulling rope to the computer; the treadmill will be at the beginning of running.

POWER SAVE FUNCTION:

The system is with saving on power function, at the state of waiting for operation, if without any operate, the saving on power function will be available after 10 minutes, the display will be closed up. You can press any button to wake up the display.

MP3 FUNCTION

When the power on, connect the external MP3 equipment, the computer will play. The voice is adjustable from the external MP3 equipment; the voice should be adjusted on the proper section to protect the computer loudhailer.

TURN OFF:

Turn off the power: You can turn off the power to stop the treadmill; it won't be damaged at any time.

CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.

To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately

EXERCISE INSTRUCTIONS

WARM UP STAGE

If you are over 35 years old, or not very healthy, also it's your first time exercise, please consult with your doctor or professional person.

Before you use the motorized treadmill, please learn how to control the machine, know well how to start, stop, adjust the speed and so on, don't stand on the machine at this time. After that, you can use the machine. Stand on anti-slip pad both sides and handle the handle bar with your both hands. Keep the machine at the low speed about 1.6~3.2 km/h, then test the running machine by one foot, after get used to the speed, then you can run on the machine and you can add the speed between 3 and 5 km/h. Keep the speed about 10 minutes, then stop the machine.

EXERCISE STAGE

Learn how to adjust the speed and incline before using. Walk about 1 km at stable velocity and write down the time, it will take you about 15-25 minutes. If walk at 4.8 km/h, it will take you about 12 minutes in 1 km. If you feel comfortable at the stable velocity, you can add the speed and incline, after 30 minutes, you can have good exercise. At this stage, you can not add the speed or incline too much at one time, it can keep you feel comfortable.

EXERCISE INTENSITY

Warm up at the speed 4.8 km/h in 2 minutes, then add the speed to 5.3 km/h and keep walking in 2 minutes, then add to 5.8km/h and walk in 2 minutes. After that, add up 0.3 km/h in each 2 minutes, until rapid breath but not feel comfortable

Calorie burning---the best effective way

Warm-up for 5mints by the velocity:4-4.8KM/H, then slowly increase the speed by 0.3KM/H/2Mints ,until up to the stable speed which you feel is comfortable for 45Mints.For improving the intensity of movement, you can maintain the speed during 1H of TV program, then increase the speed by 0.3KM/H each Advertisement interval time, after that return to the original speed . You can acquaint the best efficiency of workout for calorie burning during the advertisement time and subsequent heart frequency increasing time. Finally , you should slow down the speed step by step for 4Mints.

EXERCISE FREQUENCY:

The cycle time: 3-5times/Week, 15-60mints/Times.Make up the schedule of workout scientific, not only for your hobby.

You can control the running intensity through adjusting the velocity and incline of treadmill. We suggest that you don't set the incline at first; improve the incline is the effective way to strengthen the exercise's intensity.

Consult with your physician or health professional before starting your workout. The professional people can help you make up the suitable exercise time-chart according to your age and health condition; determine the velocity of movement, the intensity of exercise. Please stop at once, If you feel

chest tightness, chest pain, irregular heart beat, breath difficulty, dizziness or other discomfort during exercise. You should consult with your physician or health professional as keep going.

You can choose the normal walking speed or the jogging speed, if you always take workout with treadmill.

If you don't have enough experiences or confirm the testing velocity, you can follow the instruction:

Speed 0.8-3.0KM/H not well physical

Speed 3.0-4.5KM/H less movement and workout

Speed 4.5-6.0KM/H normal walking

Speed 6.0-7.5KM/H fast walking

Speed 7.5-9.0KM/H Jogging

Speed 9.0-12.0KM/H intermediate speed walking

Attention: The velocity of movement ≤4KM/H , the normal walking; The velocity of movement ≥6.0KM/H ,the runner.

MAINTENANCE INSTRUCTIONS

Warning: Unplug the treadmill before cleaning or repairing the treadmill.
Clean: Cleaning all the time will prolong the treadmill using life.

Get rid of the dust all the time to keep the components clean. Clean the two exposed sides of the running belts will avoid the dust getting under the belt. Keep the running shoes clean otherwise the dirt on the shoes will wear the running board and running belts out. Clean the surface of the running belt with clean? rags. Be aware of the water spill on the electrical parts or the running belts.

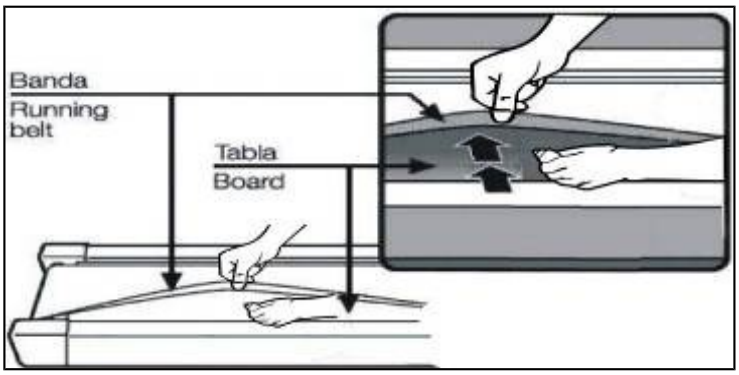
Warning: Plug the treadmill at the wall before removing the motor cover.

RUNNING BELTS AND TREADMILL LUBRICANT

We have put the lubricant on the running board and running belt. The friction between the running belts and running board greatly affects the life and function of the treadmill so we suggest checking the board regularly. Should there be any wear on the board, please contact our service center.

We recommend lubrication of the deck according to the following timetable:

- Light user (less than 3 hours/ week) once a year
- Medium user (3-5 hours/ week) every six months
- Heavy user (more than 5 hours/ week) every three months



We suggest you purchase the lubricant from our local distributors or contact our company directly.
Note: For other maintenance, please get a specialized person to operate.

1. To have a better maintenance over the treadmill and prolong its life, we suggest you power off for ten minutes in every two hours.

2. Loose belt will result in sliding while running, while too tight shall decrease the motor performance and create more friction between the roller and running belts. The most suitable tightness of the belts would be: the belts can be pulled out 50-75mm away from the running boards.

WALKING BELT CENTERING AND TENSION ADJUSTMENT

DO NOT OVERTIGHTEN the walking belt. This may cause reduced motor performance and excessive roller wear.

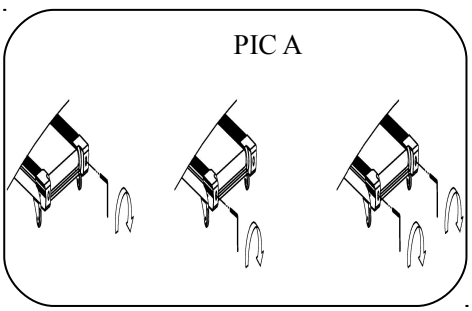
TO CENTER WALKING BELT:

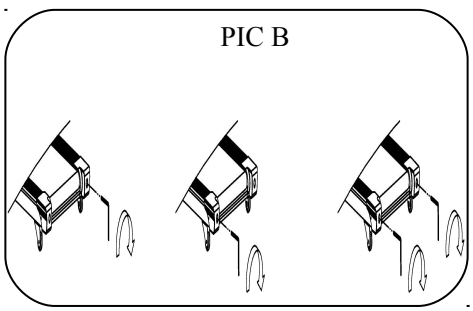
● Place treadmill on a level surface

● Run treadmill at approximately 3.5 mph

● If the belt has drifted to the right, turn the right adjusting bolt 1/2 turn clockwise and the left adjusting bolt 1/2 turn counterclockwise

● If the belt has drifted to the left, turn the left adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn clockwise and the right adjusting bolt 1/2 turn counterclockwise

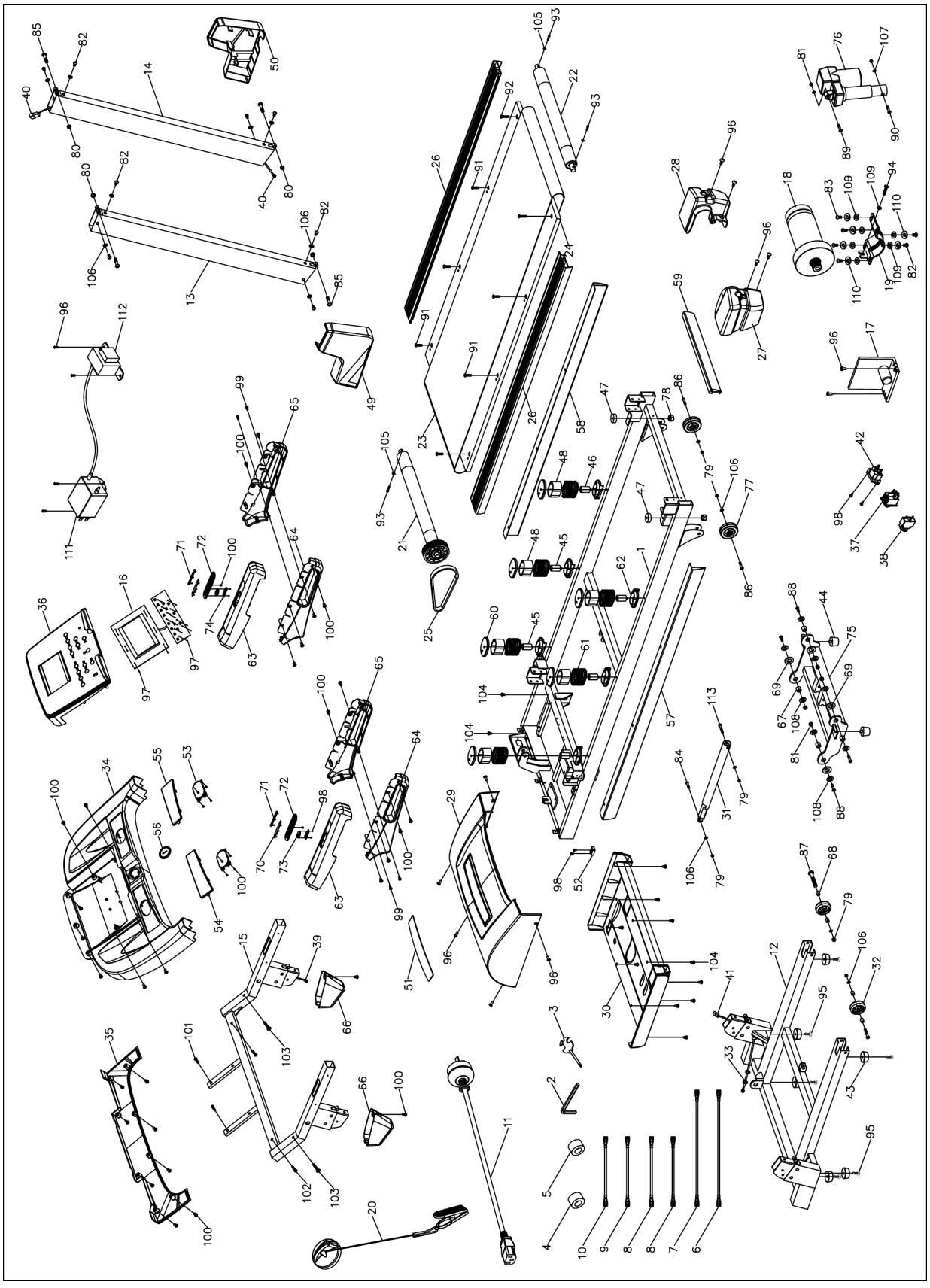




Picture A If the belts has drifted to the RIGHT **Picture B** If the belts has drifted to the LEFT

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

EXPLODED DRAWING



PARTS LIST

1	Main Frame		1	57	Left main frame cover		1
2	5# Allen Wrench		1	58	Right main frame cover		1
3	Wrench w/ screw driver		1	59	Back main frame cover		1
4	Magnetic ring		1	60	Spring up socket		6
5	Magnetic core		1	61	Oval spring		6
6	Single line	Brown	1	62	Spring bottom socket		6
7	Single line	Blue	1	63	Handlebar up cover		2
8	Single line	Brown	2	64	Handlebar left side cover		2
9	Single line	Blue	1	65	Handlebar right side cover		2
10	Earth wire		1	66	Handlebar bottom cover		2
11	Power wire	S=13、14、15	1	67	Turning bushing		4
12	Base frame		1	68	Moving wheel bushing		4
13	Left upright tube		1	69	Rubber pad		4
14	Right upright tube		1	70	Left hand pulse plate		2
15	Console bracket		1	71	Right hand pulse plate		2
16	Console controller		1	72	Hand pulse sensor		2
17	Lower controller		1	73	Hand pulse buttons		4
18	DC Motor		1	74	Hand pulse button board		2
19	Motor bracket		1	75	Incline bracket		1
20	Safety key		1	76	Incline motor		1
21	Front roller		1	77	Adjustable wheel		2
22	Rear roller		1	78	Nut	M6	2
23	Running belt		1	79	Nut	M8	6
24	Running board		1	80	Nut	M8	4
25	Motor belt		1	81	Nut	M10	6
26	Side rail		2	82	Bolt	M8*15	10
27	Left end cap		1	83	Bolt	M8*20	4
28	Right end cap		1	84	Bolt	M8*30	1
29	Motor top cover		1	85	Bolt	M8*32	4
30	Motor bottom cover		1	86	Bolt	M8*40	2
31	Cylinder		1	87	Bolt	M8*70	2
32	Moving wheel		2	88	Bolt	M10*30	4
33	Round protect plug		2	89	Bolt	M10*45	1
34	Console top cover		1	90	Bolt	M10*100	1
35	Console bottom wire		1	91	Bolt	M6*25	6
36	Console panel		1	92	Bolt	M6*25	2
37	Power switch		1	93	Bolt	M6*55	3
38	Overload protector		1	94	Bolt	M8*40	1

39	Console up wire		1	95	Bolt	M5*16	6
40	Console middle wire		1	96	Bolt	M5*8	15
41	Console bottom cover		1	97	Screw	ST2.9*6.5	18
42	Power socket		1	98	Screw	ST2.9*8	8
43	Console middle wire		6	99	Screw	ST3.5*12	4
44	Cone-shaped foot pad		2	100	Screw	ST4.2*12	39
45	Blue cushion		4	101	Screw	ST4.2*20	2
46	Black cushion		2	102	Screw	ST4.2*25	2
47	Blue cushion		2	103	Screw	ST4.2*40	2
48	Oval cushion		6	104	Screw	ST4.2*12	12
49	Left upright tube cover		1	105	Lock washer		3
50	Right upright tube cover		1	106	Lock washer		14
51	Acrylic board		1	107	Lock washer		2
52	Speed sensor		1	108	Washer		8
53	Speaker		2	109	Flat washer		7
54	Left speaker net		1	110	Spring washer		6
55	Right speaker net		1	111	Filter	Optional	1
56	Safety key		1	112	Inductor	Optional	1
				113	Bolt	M8*45	1

TROUBLE SHOOTING

1.There is no display on screen after the machine is connected to the power source:

a: Please check the overload button, if the overload protector button bounce, please press this button;

b: Please make sure the power source, overload protector ,the driver and the transformer are connected well;

c: Please make sure the wire from the driver to the computer board are connected well.

d: Check the transformer, if it is wrong, please change a new one;

2.E01 display: Failure of signal from computer board to the driver

a: Please check the wire from the drive to the computer board, if the wire is broken, please change a new one.

b: Please check the electronic parts in computer board, if it is wrong, change a new one;

c: Change a new transformer;

3. E02 display: Anti-explosion protect or motor problem

a: Please check the wire from motor, please connect the wire well; If this is no problem with wire connection, please change a new motor.
b: Please is there bad smell from the control board, if the IGBT is shorted out, please change a new driver;
c: Please make sure the voltage is in normal condition.

4.E03 display: No signal
a: If the E03 is displayed after start of 5 to 8 seconds, this is the failure of signal, please check the connection of sensor is well. If it is not connected well, please connect again. If the sensor do not work well, change a new sensor;
b: The signal in control board is wrong, please change a new driver;

5.E04 display: The failure of incline
a: Please check the signal wire of incline motor is connected well;
b: Please check the AC line of incline motor is connected to the right slot;
c: Please check the wire of incline motor, change a new wire or a new incline motor.
d: Please change a new driver;
e: If are wires are connect well, please reset the button on the driver and start again.

6.E05 display: Over load current protect
a: May be the current is too strong, the system protect itself, please restart the machine.
b: May be a part of the machine is locked and result in the motor problem, please add the oil to the machine and restart.
c: Please check if there is bad smell from the motor, if there is, please change a new motor;
d: Please check if there is bad smell from the driver, if there is, please change a new driver;

7. Can not start the machine: After press the start button, the time is counting, but the motor can not work, and there is no error number showed on screen.
a: Please check the wire in motor is connected well;
b: Please the safety pipe on the driver, if it is broken, change a new one.
c: Please check the IGBT on the driver, if it is broken, change a new IGBT or a new driver.